

School Shoes

(Or shoes in general)

It is important that your children wear a good quality shoe; they spend about 30 hours a week in their school shoes. 25% of all the bodies' bones are in the foot. The feet are the base that the entire body is built on and transfers the load and energy from the foot to the length of the spine.

A good shoe should match your child's foot type (flat foot, high arch, pronator or supinator, your health professional can help you with this). They need to have a good heel counter, test this by squeezing the shoe together at the sides around where the heel would sit. They need to have a contoured mid-sole that allows the foot to sit down and in and they need appropriate arch support. The shoes need to fit well, so try on both. One foot is often longer or wider than the other. They should be laced as opposed to Velcro or slip on, different lacing techniques allow for alterations in the fit. They need adequate cushioning; children's bones are still growing, and are vulnerable to impact.

The shoes should be durable, leather is best. It is easy to clean, hard wearing and breaths well. A good "breathing" shoe is necessary to prevent bacteria and fungus growth as well as foot odour. The sole should be rubber or polyurethane, for longer wear.

TIPS FOR BUY SHOES

- try shoes on with the type of socks that they are going to be worn with
- Stand up to tie laces and check width
- Check length from the longest toe (not always the big toe) (finger width between the tip of the toe and end of the shoe)
- Never buy a shoe for your child to "grow into"
- Ensure the shoe is flexible at the ball of the foot
- Never wear "hand me down shoes", shoe mould to a person's foot, wearing hand me downs can cause problems
- Go to a reputable shoe store where the staff are trained in proper fitting of shoes.
- Zero drop shoe (Where the heel sits at the same height as the ball of the foot) prevent calf shortening as seen with elevated heels such.



← Heel Counter